

**Recreation Programs Spring 2015**

**CITY OF LAKE FOREST**

# *Leisure Times*

March, April, May



**Bunny Blast: "An Egg Wonderland" • Saturday, March 28, 2015 • see page 1**





# LEISURE TIMES INDEX

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## Contact Information

**City Hall 461-3400**

Community Services . . . . 461-3450  
Etnies Skatepark  
of Lake Forest . . . . . 916-5870  
www.etnieskateparkoflakeforest.com  
Lake Forest Sports Park &  
Recreation Center . . . . . 273-6960  
Lake Forest Teens . . . . . 273-6961  
www.LFteens.com  
Lake Forest Seniors . . . . 461-3408  
www.lakeforestca.gov/seniors  
IVC Emeritus Registration . 451-5555  
SVUSD  
Recreation . . . . . 768-0981, press 3  
Building Inspection . . . . 461-3470  
City Clerk . . . . . 461-3420  
City Council . . . . . 461-3420  
City Manager's Office . . . 461-3410  
Community  
Policing Center . . . . . 461-3548  
Economic  
Development . . . . . 461-3567  
Employment Hotline . . . . 461-3418  
Fields Hotline . . . . . 461-3595  
Graffiti Hotline . . . . . 461-3583  
Public Works . . . . . 461-3480

*Front Cover Photo: John McGuire*

## Community Services Spring Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- May 25 (Memorial Day)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of March, April, and May, City Hall is closed on the following Fridays:

- March 13, 27
- April 10, 24
- May 8, 22

For general questions regarding Community Services Programs on these days, visit the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov). You can also register for programs even on closed days. Visit our on-line registration at [online.activecommunities.com/lfireconline](http://online.activecommunities.com/lfireconline).



## CITY SPECIAL EVENTS

### Bunny Blast: "An Egg Wonderland"

Don't be late for a very important date! It is time for everyone's springtime favorite - Bunny Blast: "An Egg Wonderland"! Enjoy a fun filled event for the whole family with a day of activities including game booths, crafts, face painting, ferris wheel, petting zoo, pony rides, balloon artist and egg scrambles. There will be entertainment for everyone including a strolling magician, DJ, and live music. Alice and her Wonderland friends will be there, too. Be ready for surprises, and bring your camera to take pictures with Nectar, the Mad Hatter, the Cheshire Cat, the White Rabbit and Hoppy the Spring Bunny. Hop on down to take part in all the fun!



Fee: Free (nominal fee for games, activities and food)

Location: El Toro Park (23701 Los Alisos Blvd)

**For more info call: The City of Lake Forest at 461-3450**

**Families Mar 28 Sat 11:00 am-3:00 pm**

### Rancho Days Fiesta at Heritage Hill Historical Park

Come explore the rich history of Orange County's Mexican Ranchos and Native American tribes! Experience the sights, sounds and smells of the past through music, dance, crafts, and hands-on demonstrations. Historic buildings, including the 1863 Serrano Adobe, will be open, courtesy of Amigos de la Colina Docents. Refreshments will be available for a nominal fee.

Fee: \$3 children (3-12 years) and \$4 adults

Location: Heritage Hill Historical Park (25151 Serrano Rd)

**Registration: Day of event registration only**

**For more info call: Heritage Hill Historical Park at 923-2230**

**More information about Heritage Hill Historical Park, as well as other OC Parks, is available at [www.OC Parks.com](http://www.OC Parks.com).**

**Families May 3 Sun 11:00 am- 3:00 pm**



**We Now Have Public Wi-Fi**  
**At Our New Sports Park  
& Recreation Center!**



### Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5238 Adults/Seniors Mar 13 Fri 7:00-9:30 pm**

### Friday Night at the Movies

We're having "Movie Nights" at the Community Center. You know how expensive going to the movies can be! We're making going to the movies AFFORDABLE! Staff will serve up hot dogs, popcorn, candy, and a beverage, and, in return, you can sit back and enjoy the show!

### Featured Movie: The 100 Foot Journey: A Passionate Affair (PG) Starring: Helen Mirren



The family of talented cook, Hassan Kadam, has a life filled with both culinary delights and profound loss. Drifting through Europe after fleeing political violence in India that killed the family restaurant business and their mother, the Kadams arrive in France. Once there, a chance auto accident and the kindness of a young woman, Marguerite, in the village of Saint-Antonin-Noble-Val inspires Papa Kadam to set up an Indian restaurant there. Unfortunately, this puts the Kadams in direct competition with the snobbish Madame Mallory's (Helen Mirren) acclaimed haute cuisine establishment across the street where Marguerite also works as a sous-chef. The resulting rivalry eventually escalates in personal intensity until it goes too far. In response, there is a bridging of sides initiated by Hassan, Marguerite and Madame Mallory herself, both professional and personal, that encourages an understanding that will change both sides forever.

Fee: \$5 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5221 Adults/Seniors Apr 24 Fri 6:30-9:30 pm\***  
**\*Movie begins at 7:00 pm**



# Spring 2015 Events At A Glance

DATE	TIME	EVENT	LOCATION	FEE
Friday, March 13	6-10 pm	<b>Band Nights at the Skatepark</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Friday, March 13	5:30-9:30 pm	<b>Kids' Night Out</b> 	Lake Forest Recreation Center (20028 Rancho Pkwy)	\$15 per resident (\$20 per non-resident)
Saturday, March 28	11am-3 pm	<i>Bunny Blast:</i>  "An Egg Wonderland"	El Toro Park (23701 Los Alisos Blvd)	Free (nominal fee for games, activities and food)
Saturday, April 4	11am-1 pm	 <b>Etnies Egg-cellent Egg Hunt and Festival of Colors</b> 	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 for egg hunt, \$5 for unlimited jumper wristband
Friday, April 10	7-9 pm 	<b>Spring Has Sprung! Special Needs Dance</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	Free (pre-registration is requested)
Saturday, April 25	9:30 am-1 pm	<b>Parks Safari</b>	Lake Forest City Hall (25550 Commercentre Dr)	\$3 per person
Saturday, April 25	6-10 pm	<b>The Gathering-Where Art Meets Skateboarding</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Sunday, May 3	11am-3 pm	<b>Rancho Days Fiesta at Heritage Hill Historical Park</b>	Heritage Hill Historical Park (25151 Serrano Rd)	\$4 adults/\$3 children (ages 3-12)
Saturday, May 16	9-11:30 am	<b>Aliso Creek Clean-Up Day</b>	Cherry Ave and Fernbank St	Free to participate



For up-to-date info on City special events, check out  
[facebook.com/LakeForestEvents](https://www.facebook.com/LakeForestEvents) and follow us on *twitter*







## Parks Safari

Interested in taking a fun-filled tour of local Lake Forest Parks? Then hop on the big yellow bus and visit five beautiful Lake Forest Parks. Enjoy playing on the new playgrounds at Tamarisk and Baker Ranch Community Parks. We will also venture to the Skatepark, explore the beautiful new sports park and trek to the "serene and natural" Nature Park. We will end with a special barbeque at Baker Ranch Community Park, highlighted by a visit from "Nectar", the City's mascot. We will meet at Lake Forest City Hall for a morning snack, and then set out on our Parks Safari! Price includes morning snack, transportation, barbeque, and a souvenir item. Space is limited to 40 participants.

Fee: \$3 per person

Departure Location: Lake Forest City Hall  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5081   3 yrs-Adult   Apr 25   Sat   9:30 am-1:00 pm**

## 8th Annual Aliso Creek Clean-Up Day

Help fight the battle against litter and debris with the City of Lake Forest and Wal-Mart! Join other Lake Forest residents, community groups and City staff in removing litter from a portion of the Aliso Creek. We'll supply the gloves, trash bags, reacher sticks, volunteer shirt, snacks and beverages. You supply the energy! Meet at Cherry Avenue and Fernbank Street (south-west of Cherry Park). Park on Cherry. All volunteers such as service organizations, scout groups, teens, kids and adults are welcome. **Minors must be accompanied by an adult.** All volunteers must sign a waiver form. Please wear appropriate footwear, sunscreen, and a hat.



Location: Cherry Ave and Fernbank St

**For more info and to register call: The City of Lake Forest at 461-3450.**

**5 yrs-Adult   May 16   Sat   9:00 -11:30 am**

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this spring...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



**We Now Have Public Wi-Fi  
At Our New Sports Park  
& Recreation Center!**





# YOUTH

## Kids' Factory - SVUSD

Kids' Factory is a drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: \$25 per semester

Locations: Foothill, Gates, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, Santiago

**To Register: Please visit [communityservices.svUSD.org](http://communityservices.svUSD.org) or register on-site by check or credit card. Registration by a parent or legal guardian is required.**

**For more info call: SVUSD at 768-0981, press 1**

**Grades K-6**

**Jan 5- Jun 12**

**Mon-Fri**

**Times vary depending on school dismissal.**

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this spring...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



## Kids' Night Out

Kids need a break from your parents? This event is just for you! Stop by and enjoy the evening and a break from your parents. Activities will include games, dinner, popcorn and a movie! Kids can bring a blanket and a pillow to relax on during the movie. Parents must register in advance.

Instructor: Recreation Staff

Fee: \$15 per person – Resident

\$20 per person – Non-Resident  
(1 time workshop)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway Dr.)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6974**

**Act#: 5082    7-11 yrs    Mar 13    Fri    5:30-9:30 pm**

## Spring Breakout Camp

Spring Break is here, and this year instead of just sitting around the house all day, "break out" of your habit and join us at "Spring Breakout Camp"! Every day will be filled with awesome activities including games and fun with friends. We'll also be going to fun places like Boomers and Pump It Up! The ratio of this camp will be eight kids to one staff member. Kids will need to bring their lunch every day and be ready to have the best spring break ever!

Instructor: Recreation Staff

Fee: \$129 per participant – Resident

\$134 per participant – Non-Resident

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5084 7-10 yrs Apr 6-10 Mon-Fri 7:30 am-6:00 pm**

Free

WiFi

Hotspot

**We Now Have Public Wi-Fi  
At Our New Sports Park  
& Recreation Center!**



# RECREATION CLASSES

## Preschool Programs

### STAY N' PLAY

#### Drop-off Preschool Class



Play, imagine, and create at "Stay N' Play" Preschool! Children will grow and develop in a caring, fun, and positive atmosphere. Join us for days of fun-filled activities such as music, arts and crafts, games, circle time, and outside exploring. This program is packed full of playtime to initiate creativity, stimulate the imagination, and encourage making new friends. Your preschooler will develop fine motor skills in a positive environment. A nutritious snack will be provided in each class. Preschoolers must be potty trained.

Instructor: Recreation Staff

Fee: \$55 per person – Resident  
\$60 per person – Non-Resident  
(4 classes per session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway Dr.)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6974**

**Act#: 5085 2-5 yrs Apr 20-29 Mon/Wed 9:00 am-12:00 pm**

**Act#: 5086 2-5 yrs May 11-20 Mon/Wed 9:00 am-12:00 pm**

### Alice in Wonderland Tea Party!

Come have tea and cupcakes with Alice and all of her friends! Join us as we celebrate everybody's very merry un-birthday at this "Alice in Wonderland" themed preschool party! Alice will be there with some of her friends such as the Mad Hatter, the White Rabbit and the Cheshire Cat to join in all the fun. There will be games, songs, crafts, storytime and a snack! Parent participation is recommended for this popular program.



Instructor: Recreation Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident  
(1 time workshop)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5087 2-5 yrs Mar 6 Fri 10:00-11:00 am**

### Rio!

Come fly on over and join the party! Birds of a feather party together! Join us for a party that will take you places beyond what you know! This feather-filled party will feature all of the characters from the movie- Rio! We will sing songs, play games, make crafts, and have a snack all based on the movie. This party is sure to be an adventure! Parent participation is recommended.

Instructor: Recreation Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident  
(1 time workshop)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5089 2-5 yrs Apr 3 Fri 10:00-11:00 am**

### Pajama Time Party!

No need to dress up for this preschool party, just come in your pajamas! Sing songs, dance, play games, and make a craft-- all in your pajamas! We'll also enjoy a tasty snack. And the best part is – there's no bedtime! Parent participation is recommended for this program.

Instructor: Recreation Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident  
(1 time workshop)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5090 2-5 yrs May 1 Fri 10:00-11:00 am**

## Youth

### Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience!

Instructor: Raelyn Brachmann

Fee: \$115 per Parent and Child Couple-Resident  
\$120 per Parent and Child Couple-Non-Resident  
(8-week session)

Materials Fee: A required \$35 fee includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the first class meeting.

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5208 6 mos-3 yrs Mar 24-May 12 Tue 10:00-10:45 am**



## Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo classes on Monday, April 6th at 9:15am and 4:30 pm, please RSVP to 350-0985 to attend demo class.**

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$145 – Resident  
\$150 – Non-Resident  
(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to instructor is required at first class meeting.

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

Act#: 5214	9 mos-4 yrs	Apr 13-Jun 15	Mon	9:15-10:00 am
Act#: 5215	9 mos-4 yrs	Apr 13-Jun 15	Mon	10:15-11:00 am
Act#: 5213	9 mos-4 yrs	Apr 13-Jun 15	Mon	11:15 am-12:00 pm
Act#: 5216	9 mos-4 yrs	Apr 13-Jun 15	Mon	4:45-5:30 pm
Act#: 5217	9 mos-4 yrs	Apr 17-Jun 19	Fri	10:30-11:15 am

## Parent & Tot Swim Lessons at SwimLabs



SwimLabs is an indoor swim school. This is a 30-minute class designed for parents and their children ages 1-3 years old. Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and safely go under the water. Parents will learn how to safely interact with their children in the pool.

Instructor: SwimLabs Staff

Fee: \$80 – Resident  
\$85 – Non-Resident

**Additional one-time \$30 registration fee per family payable at first class**

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 5091	10 mos-3 yrs	Mar 2-11	Mon & Wed	11:00-11:30 am
Act#: 5092	10 mos-3 yrs	Mar 4-13	Wed & Fri	11:00-11:30 am
Act#: 5093	10 mos-3 yrs	Mar 16-25	Mon & Wed	11:00-11:30 am
Act#: 5094	10 mos-3 yrs	Mar 18-27	Wed & Fri	11:00-11:30 am
Act#: 5095	10 mos-3 yrs	Mar 30-Apr 8	Mon & Wed	11:00-11:30 am
Act#: 5096	10 mos-3 yrs	Apr 1-10	Wed & Fri	11:00-11:30 am
Act#: 5097	10 mos-3 yrs	Apr 13-22	Mon & Wed	11:00-11:30 am
Act#: 5098	10 mos-3 yrs	Apr 15-24	Wed & Fri	11:00-11:30 am
Act#: 5099	10 mos-3 yrs	Apr 27-May 6	Mon & Wed	11:00-11:30 am
Act#: 5100	10 mos-3 yrs	Apr 29-May 8	Wed & Fri	11:00-11:30 am
Act#: 5101	10 mos-3 yrs	May 11-20	Mon & Wed	11:00-11:30 am
Act#: 5102	10 mos-3 yrs	May 13-22	Wed & Fri	11:00-11:30 am



## Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions.

Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-Resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 5054	1-3 yrs*	Mar 2-23	Mon	10:00-10:45 am
Act#: 5055	2.5-4 yrs**	Mar 2-23	Mon	11:00-11:45 am
Act#: 5056	5-7 yrs	Mar 3-24	Tue	5:00-5:45 pm
Act#: 5057	1-3 yrs*	Mar 3-24	Tue	10:00-10:45 am
Act#: 5058	2.5-4 yrs**	Mar 3-24	Tue	11:00-11:45 am
Act#: 5059	3-4 yrs	Mar 4-25	Wed	2:00-2:45 pm
Act#: 5060	5-7 yrs	Mar 4-25	Wed	3:30-4:15 pm
Act#: 5061	4-5 yrs	Mar 5-26	Thu	2:00-2:45 pm
Act#: 5062	5-6 yrs	Mar 5-26	Thu	3:00-3:45 pm
Act#: 5063	1-3 yrs*	Mar 30-Apr 20	Mon	10:00-10:45 am
Act#: 5064	2.5-4 yrs**	Mar 30-Apr 20	Mon	11:00-11:45 am
Act#: 5065	5-7 yrs	Mar 30-Apr 20	Mon	5:00-5:45 pm
Act#: 5066	1-3 yrs*	Mar 31-Apr 21	Tue	10:00-10:45 am
Act#: 5067	2.5-4 yrs**	Mar 31-Apr 21	Tue	11:00-11:45 m
Act#: 5068	3-4 yrs	Apr 1-22	Wed	2:00-2:45 pm
Act#: 5069	5-7 yrs	Apr 1-22	Wed	3:30-4:15 pm
Act#: 5070	4-5 yrs	Apr 2-23	Thu	2:00-2:45 pm
Act#: 5071	5-6 yrs	Apr 2-23	Thu	3:00-3:45 pm
Act#: 5072	1-3 yrs*	Apr 27-May 18	Mon	10:00-10:45 am
Act#: 5073	2.5-4 yrs**	Apr 27-May 18	Mon	11:00-11:45 am
Act#: 5074	5-7 yrs	Apr 27-May 18	Mon	5:00-5:45 pm
Act#: 5075	1-3 yrs*	Apr 28-May 19	Tue	10:00-10:45 am
Act#: 5076	2.5-4 yrs**	Apr 28-May 19	Tue	11:00-11:45 am
Act#: 5077	3-4 yrs	Apr 29-May 20	Wed	2:00-2:45 pm
Act#: 5078	5-7 yrs	Apr 29-May 20	Wed	3:30-4:15 pm
Act#: 5079	4-5 yrs	Apr 30-May 21	Thu	2:00-2:45 pm
Act#: 5080	5-6 yrs	Apr 30-May 21	Thu	3:00-3:45 pm

\* Mommy & Me classes: parent participation required

\*\* Transition class: Kids advanced enough to not need parent participation, but too young for other classes



Free

WiFi

Hotspot

We Now Have **Public Wi-Fi**

At Our New Sports Park  
& Recreation Center!



## OC Dance Productions!

OC Dance offers a variety of classes with studio-quality instruction, family-friendly staff, detailed progression program for young dancers to track their accomplishments, and inexpensive recitals twice a year. Spring recital offered for all classes ages 3+ for nominal cost. For more information visit: [www.ocdanceproductions.com](http://www.ocdanceproductions.com).

### Princess Ballet

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Ballet shoes required. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$59-Resident  
\$64-Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

<b>Act#: 5163</b>	<b>3-5 yrs</b>	<b>Mar 2-Mar 30</b>	<b>Mon</b>	<b>10:00-10:45 am</b>
<b>Act#: 5164</b>	<b>3-5 yrs</b>	<b>April 13-May 11</b>	<b>Mon</b>	<b>10:00-10:45 am</b>
<b>Act#: 5165</b>	<b>3-5 yrs</b>	<b>May 18-Jun 22*</b>	<b>Mon</b>	<b>10:00-10:45 am</b>

\*No class on 5/25

### Butterfly Ballerinas

Transform into a magical butterfly by earning your butterfly wings in this ballet and creative movement class. The class consists of beginning ballet movements across the floor and practice at the barre; dancers progress through these movements and ballet terminology towards earning their "wings" and performing for parents on the last day of class. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

<b>Act#: 5196</b>	<b>3-6 yrs</b>	<b>Feb 26-Mar 26</b>	<b>Thu</b>	<b>3:30-4:15 pm</b>
<b>Act#: 5197</b>	<b>3-6 yrs</b>	<b>Apr 2-May 7*</b>	<b>Thu</b>	<b>3:30-4:15 pm</b>
<b>Act#: 5198</b>	<b>3-6 yrs</b>	<b>May 14-Jun 11</b>	<b>Thu</b>	<b>3:30-4:15 pm</b>

\*No class on 4/9

### Parent & Me Intro to Movement

Toddlers will learn basic movement and coordination skills through imaginative play, bubbles, creative movement and popular children's songs. Class includes various props, listening skills, development of motor skills, tumbling and dance movements. Parent participation required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

Instructor: OC Dance Productions staff

Fee: \$59 per Parent and Child Couple – Resident  
\$64 per Parent and Child Couple – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

<b>Act#: 5160</b>	<b>1½-3 yrs</b>	<b>Mar 2-Mar 30</b>	<b>Mon</b>	<b>9:00-9:45 am</b>
<b>Act#: 5161</b>	<b>1½-3 yrs</b>	<b>April 13-May 11</b>	<b>Mon</b>	<b>9:00-9:45 am</b>
<b>Act#: 5162</b>	<b>1½-3 yrs</b>	<b>May 18-Jun 22*</b>	<b>Mon</b>	<b>9:00-9:45 am</b>

\*No class on 5/25

### Parent & Me Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movement with an element of fun, fantasy and lots of encouragement. Princess ballerinas use props, wear princess tutus, use their "magic wand," have story time and learn beginning ballet movements to fairytale music. Instructor provides tutus, crafts, wands and props. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$59 per Parent and Child Couple – Resident  
\$64 per Parent and Child Couple – Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

<b>Act#: 5166</b>	<b>1½-3 yrs</b>	<b>Mar 2-Mar 30</b>	<b>Mon</b>	<b>11:00-11:45 am</b>
<b>Act#: 5167</b>	<b>1½-3 yrs</b>	<b>Apr 13-May 11</b>	<b>Mon</b>	<b>11:00-11:45 am</b>
<b>Act#: 5168</b>	<b>1½-3 yrs</b>	<b>May 18-Jun 22*</b>	<b>Mon</b>	<b>11:00-11:45 am</b>

\*No class on 5/25

### Parent & Me All-in-One

Sample ballet, hip hop, jazz, tumbling and creative movement with your little dancer. Class promotes coordination, balance, listening and gross motor skills to provide a great foundation for preschool age dance classes. Suitable for boys and girls. Parent participation required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

Instructor: OC Dance Productions Staff

Fee: \$59 per Parent and Child Couple – Resident  
\$64 per Parent and Child Couple – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

<b>Act#: 5205</b>	<b>1½-3 yrs</b>	<b>Mar 7-Apr 4</b>	<b>Sat</b>	<b>9:30-10:15 am</b>
<b>Act#: 5206</b>	<b>1½-3 yrs</b>	<b>Apr 18-May 16</b>	<b>Sat</b>	<b>9:30-10:15 am</b>
<b>Act#: 5207</b>	<b>1½-3 yrs</b>	<b>May 23-Jun 27*</b>	<b>Sat</b>	<b>9:30-10:15 am</b>

\*No class on 6/13





## Ballet & Tap Combo

Dancers will dive into the world of beginning classical ballet and rhythmic tapping with the basic fundamentals of both dance forms. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5250	3-6 yrs	Mar 7-Apr 4	Sat	10:20-11:05 am
Act#: 5251	3-6 yrs	Apr 18-May 16	Sat	10:20-11:05 am
Act#: 5252	3-6 yrs	May 23-Jun 27*	Sat	10:20-11:05 am

\*No class on 6/13

## Ballet, Jazz & Tap Combo

Dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology. Class also includes developing spatial awareness, rhythm and listening skills. Suitable for those new to dance or continuing. Ballet and tap shoes required. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5190	3-6 yrs	Feb 24-Mar 24	Tue	4:20-5:05 pm
Act#: 5191	3-6 yrs	Mar 31-May 5*	Tue	4:20-5:05 pm
Act#: 5192	3-6 yrs	May 12-Jun 9	Tue	4:20-5:05 pm

\*No class on 4/7

## Children's Musical Theater

Dancers will be introduced to the fun and exciting world of musical theater! Children will create characters, learn about articulation, projection, rhythm and working with peers in producing their show. During this class dancers will learn basic choreography and lyrics to popular children's musical numbers. Performers will also participate in theater and imaginative games, work on stage presence and confidence as well as make crafts and props for our final performance for parents and friends on the last day of class. See OCDP's website under "classes" for this session's song and theme. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5187	3-6 yrs	Feb 24-Mar 24	Tue	3:30-4:15 pm
Act#: 5188	3-6 yrs	Mar 31-May 5*	Tue	3:30-4:15 pm
Act#: 5189	3-6 yrs	May 12-Jun 9	Tue	3:30-4:15 pm

\*No class on 4/7

## All-in-One Dance

Dancers will dive into the world of dance learning basic fundamentals in ballet, jazz and hip-hop. Class promotes balance, coordination, rhythm, listening skills and imagination exploration through creative movement exercises. Suitable for boys and girls. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5199	4-7 yrs	Feb 26-Mar 26	Thu	4:20-5:05 pm
Act#: 5200	4-7 yrs	Apr 2-May 7*	Thu	4:20-5:05 pm
Act#: 5201	4-7 yrs	May 14-Jun 11	Thu	4:20-5:05 pm

\*No class on 4/9



**Did you know you can register for classes and programs 24/7?**

Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline) and you'll be on your way!



## Pop Star Hip Hop

Shake, sing and let your inner pop star shine! Dancers learn song lyrics to their favorite music artists like Taylor Swift, Selena Gomez, Justin Bieber and One Direction while incorporating beginner hip hop and jazz dance choreography. Suitable for beginners or those continuing. Sneakers are required. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5193 5-9 yrs Feb 24-Mar 24 Tue 5:10-5:55 pm**

**Act#: 5194 5-9 yrs Mar 31-May 5\* Tue 5:10-5:55 pm**

**Act#: 5195 5-9 yrs May 12-Jun 9 Tue 5:10-5:55 pm**

**\*No class 4/7**

## Musical Theater Broadway Dance

Get ready for Broadway! With a focus on performance quality; develop confidence, individuality and creativity while learning lyrics, basic dance choreography and acting skills to routines. Suitable for those new to musical theatre or continuing. Appropriate for boys and girls. Eligible for OCDP Recital- must be enrolled in both winter and spring sessions to participate in recital due to costume orders. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident  
\$64 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5202 5-9 yrs Feb 26-Mar 26 Thu 5:10-5:55 pm**

**Act#: 5203 5-9 yrs Apr 2-May 7\* Thu 5:10-5:55 pm**

**Act#: 5204 5-9 yrs May 14-Jun 11 Thu 5:10-5:55 pm**

**\*No class on 4/9**

## Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.

## Parent & Tot ART Time

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture and much more! Come and enjoy a special creative time with your little artist. All materials and aprons are provided.

Instructor: Lucia Henry

Fee: \$65 – Resident  
\$70 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5143 3-5 yrs Apr 10-May 8 Fri 2:30-3:15 pm**

## Parent & Tot CLAY Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired.

Instructor: Lucia Henry

Fee: \$69 – Resident  
\$74 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5152 3-5 yrs May 15-Jun 12 Fri 2:30-3:15 pm**

## Sing, Dance and Play

Music preparation class for future group piano class. Musical activities focus on singing songs and tonal patterns, keeping a beat by playing instruments to classical music to enhance timing, rhythm and coordination. Language and listening skills will be enhanced through rhymes, stories with colorful props and puppets. Music from other cultures introduced in class through dance to further develop children's imagination and focus.

Instructor: Sophi Albert

Fee: \$135 – Resident  
\$140 – Non-Resident  
(6-week session)

Materials Fee: An additional material fee of \$10 due to instructor on first class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5142 1-3 yrs Feb 20-Mar 27 Friday 9:00-9:40 am**



## Do, Re, Mi Piano & Music

This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement. Keyboards will be provided in class. Parent participation required.

Instructor: Sophi Albert

Fee: \$135 – Resident  
\$140 – Non-Resident  
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5141 2-5 yrs Feb 24-Mar 31 Tue 9:30-10:10 am

## Learn to Swim at SwimLabs



SwimLabs is an indoor swim school. These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

Fee: \$80 – Resident  
\$85 – Non-Resident

Additional one-time \$30 family registration fee payable at first class

(30-minute lesson)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5110	3-5 yrs	Mar 2-11	Mon/Wed	11:00-11:30 am
Act#: 5111	3-5 yrs	Mar 4-13	Wed/Fri	11:00-11:30 am
Act#: 5112	3-5 yrs	Mar 16-25	Mon/Wed	11:00-11:30 am
Act#: 5113	3-5 yrs	Mar 18-27	Wed/Fri	11:00-11:30 am
Act#: 5114	3-5 yrs	Mar 30-Apr 8	Mon/Wed	11:00-11:30 am
Act#: 5119	3-5 yrs	Apr 1-10	Wed/Fri	11:00-11:30 am
Act#: 5120	3-5 yrs	Apr 13-22	Mon/Wed	11:00-11:30 am
Act#: 5121	3-5 yrs	Apr 15-24	Wed/Fri	11:00-11:30 am
Act#: 5115	3-5 yrs	Apr 27-May 6	Mon/Wed	11:00-11:30 am
Act#: 5116	3-5 yrs	Apr 29-May 8	Wed/Fri	11:00-11:30 am
Act#: 5117	3-5 yrs	May 11-20	Mon/Wed	11:00-11:30 am
Act#: 5118	3-5 yrs	May 13-22	Wed/Fri	11:00-11:30 am

## Spring Registration Dates:

Tuesday, February 10  
(Lake Forest Residents)

Tuesday, February 17  
(Non-Residents)

## Spring Break Swim Jam



This is a concentrated lesson package designed to accelerate the learning process. Please call two weeks in advance to reserve lessons. (If the times listed do not work for you and your family, please call for more options.)

Instructor: SwimLabs staff

Fee: \$80 – Resident  
\$85 – Non-Resident

Additional 1-time \$30 registration fee per family payable at first session

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

To Register: Online, Mail-In, Walk-In.

For more info call: The City of Lake Forest at 461-3450

Act#: 5108 3-10 yrs Apr 6-9 Mon-Thu 1:30-2:00 pm



## Pre-Glee

Introduce your child to a world of music through our exciting singing class. Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage. Visit [GotGlee.com](http://GotGlee.com) for more info.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident  
\$54 – Non-Resident  
(4-week sessions)

Location: Glee Music Academy  
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5005	4-6 yrs	Feb 23-Mar 16	Mon	3:30-4:15 pm
Act#: 5006	4-6 yrs	Mar 2-23	Mon	3:30-4:15 pm
Act#: 5007	4-6 yrs	Mar 9-30	Mon	3:30-4:15 pm
Act#: 5008	4-6 yrs	Apr 13-May 4	Mon	3:30-4:15 pm
Act#: 5009	4-6 yrs	Apr 20-May 11	Mon	3:30-4:15 pm
Act#: 5010	4-6 yrs	Apr 27-May 18	Mon	3:30-4:15 pm
Act#: 5011	4-6 yrs	Mar 5-26	Thu	3:30-4:15 pm
Act#: 5012	4-6 yrs	Mar 12-Apr 2	Thu	3:30-4:15 pm
Act#: 5013	4-6 yrs	Mar 19-Apr 16*	Thu	3:30-4:15 pm
Act#: 5014	4-6 yrs	Mar 26-Apr 23*	Thu	3:30-4:15 pm
Act#: 5015	4-6 yrs	Apr 2-30*	Thu	3:30-4:15 pm
Act#: 5016	4-6 yrs	Apr 16-May 7	Thu	3:30-4:15 pm
Act#: 5017	4-6 yrs	Apr 23-May 14	Thu	3:30-4:15 pm
Act#: 5018	4-6 yrs	Apr 30-May 21	Thu	3:30-4:15 pm
Act#: 5019	4-6 yrs	May 7-28	Thu	3:30-4:15 pm

\*No class on April 9

## Junior Tennis Camp



This camp is for all levels of players from beginner to advanced who are interested in learning more about tennis and making new friends. Tennis Camp makes learning basic strokes, shot placement, serves, volleys, and strategies fun and easy for children. Bring a can of unopened balls and a racquet.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-day camp)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4993 7-14 yrs Apr 6-10 Mon-Fri 9:00 am-12:00 pm**

## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant- Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park  
(21701 Pittsford Dr)  
Wednesday classes – Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4985 3-5 yrs Apr 6-Jun 1\* Mon 3:30-4:30 pm**

**Act#: 4986 6-7 yrs Apr 6-Jun 1\* Mon 4:30-5:30 pm**

**Act#: 4987 8-12 yrs Apr 6-Jun 1\* Mon 5:30-6:30 pm**

**Act#: 4988 3-5 yrs Apr 8-May 27 Wed 3:30-4:30 pm**

**Act#: 4989 6-7 yrs Apr 8-May 27 Wed 4:30-5:30 pm**

**Act#: 4990 8-12 yrs Apr 8-May 27 Wed 5:30-6:30 pm**

**\*No class on Monday, May 25**



## Clay Adventures

Have a blast learning how to turn clay into fun projects, such as castles, animals and wonderful creatures. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and decorate the pieces with under glazes. A new project each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$79 – Resident  
\$84 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5150 6-12 yrs May 15-Jun 12 Fri 3:30-4:45 pm**

## Saturday Sewing Studio

Calling all fashion and creative types! Design and make haute couture for Spring! Make a pair of pants, a dress, a vest, accessories or just re-purpose an old winter sweater with buttons, beads, pockets and more! No experience necessary and all skills to make a Spring wearable and use a sewing machine will be taught. Learn a new skill each week. By the end of this session you will be ready to make and create your own clothes at home. Parents who would like to participate are welcome. The instructor has three teaching credentials and thirty years of experience.

Instructor: Elisabeth Clark

Fee: \$65 – Resident  
\$70 – Non-Resident  
(6-week class)

Materials Fee: An additional material fee of \$5 due to instructor at each class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5139 7-16 yrs Feb 28-Apr 4 Sat 1:00-2:30 pm**

**Act#: 5140 7-16 yrs Apr 18-May 23 Sat 1:00-2:30 pm**

## Tech Builders: App Design for PC

The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project.

Instructor: Freshi Media Staff

Fee: \$115 – Resident  
\$120 – Non-Resident  
(8-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5145 7-12 yrs Mar 31-May 19 Tue 3:30-4:45 pm**



## Zumba® Kids

Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaton, and other crazy-cool Dance-Fitness moves.

Instructor: Raelyn Brachmann

Fee: \$45 – Resident  
\$50 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5209 7-12 yrs Mar 30-May 4 Tue 4:00-5:00 pm**

## Shotokan Karate Do - Youth



Learn manners, respect, discipline, self-defense and increase fitness while having fun learning traditional Shotokan Karate Do, a Japanese martial art. Competition available at local, regional, national and international levels.

Instructor: Tai Cigar

Fee: \$70 – Resident  
\$75 – Non-Resident  
(4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5219 5-16 yrs Mar 2-Mar 25 Mon & Wed 4:30-5:30 pm**

**Act#: 5220 5-16 yrs Apr 6-Apr 29 Mon & Wed 4:30-5:30 pm**

## Jr Guard Prep Class



The Jr Guard Prep Class is designed to help individuals pass the Jr Guard swim test. During the course, they will learn proper swimming technique and body position in the water. The class will also teach the children how to tread water for prolonged periods of time. This class will be the perfect choice to give your child the instruction he or she needs to pass the Jr Guard swim test and treading water portion.

Instructor: SwimLabs Staff

Fee: \$130 – Resident  
\$135 – Non-Resident

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online: Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 5169</b>	<b>6-12 yrs</b>	<b>Mar 30-Apr 22</b>	<b>Mon &amp; Wed</b>	<b>7-8 pm</b>
<b>Act#: 5170</b>	<b>6-12 yrs</b>	<b>Apr 4-26</b>	<b>Sat &amp; Sun</b>	<b>8-9 am</b>
<b>Act#: 5171</b>	<b>6-12 yrs</b>	<b>Apr 4-26</b>	<b>Sat &amp; Sun</b>	<b>1-2 pm</b>
<b>Act#: 5172</b>	<b>6-12 yrs</b>	<b>Apr 27-May 30</b>	<b>Mon &amp; Wed</b>	<b>7-8 pm</b>
<b>Act#: 5173</b>	<b>6-12 yrs</b>	<b>May 2-24</b>	<b>Sat &amp; Sun</b>	<b>8-9 am</b>
<b>Act#: 5174</b>	<b>6-12 yrs</b>	<b>May 2-24</b>	<b>Sat &amp; Sun</b>	<b>1-2 pm</b>
<b>Act#: 5183</b>	<b>6-12 yrs</b>	<b>May 25-28</b>	<b>Mon-Thu</b>	<b>7-8 pm</b>

## Youth Gymnastics for Home-Schooled Children

This unique class is designed for kids who are home-schooled. It provides them with one class a week of exercise through gymnastics, yoga and cardio. Stop worrying about how you are going to work your child's PE into your weekly lesson plan-- Let us provide it for you! Kids will have fun and get the exercise they need at the same time.

Free open play Thursday 1-2 pm when signed up in this class.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-Resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 5051</b>	<b>7-11 yrs</b>	<b>Mar 9-30</b>	<b>Mon</b>	<b>1:00-1:45 pm</b>
<b>Act#: 5052</b>	<b>7-11 yrs</b>	<b>Apr 13-May 4</b>	<b>Mon</b>	<b>1:00-1:45 pm</b>
<b>Act#: 5053</b>	<b>7-11 yrs</b>	<b>May 11-Jun 1</b>	<b>Mon</b>	<b>1:00-1:45 pm</b>

## Youth Gymnastics

This is an introduction to gymnastics for 7-13 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-Resident  
(4-week sessions)

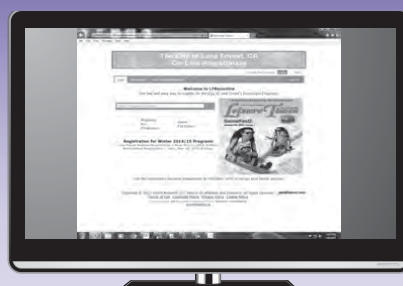
Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 5043</b>	<b>7-13 yrs</b>	<b>Mar 4-25</b>	<b>Wed</b>	<b>4:15-5:00 pm</b>
<b>Act#: 5044</b>	<b>7-13 yrs</b>	<b>Apr 1-22</b>	<b>Wed</b>	<b>4:15-5:00 pm</b>
<b>Act#: 5045</b>	<b>7-13 yrs</b>	<b>Apr 29-May 20</b>	<b>Wed</b>	<b>4:15-5:00 pm</b>

## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

[online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline)

## Lake Forest Sports Stars Academy

Attention all Lake Forest athletes!!! Do you want to learn the skills needed to take your sports game to the next level? If so then this class is for you! Participants will learn basic to advanced techniques for several popular sports in this fun and exciting class. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, baseball, basketball and flag-football. All skill levels are welcome and our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. This class includes a t-shirt, cold drinks and a personalized sports card! Space is limited so sign up today!

Instructor: Lake Forest Recreation Staff

Fee: \$50 per participant – Resident  
\$55 per participant – Non-Resident  
(5-week sessions)

Location: Lake Forest Sports Park (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

For more info call: **The Recreation Center at 273-6960**

<b>Act#: 5175</b>	<b>3-5 yrs</b>	<b>Mar 6-Apr 3</b>	<b>Fri</b>	<b>1:15-2:00 pm</b>
<b>Act#: 5176</b>	<b>5-7 yrs</b>	<b>Mar 6-Apr 3</b>	<b>Fri</b>	<b>2:30-3:30 pm</b>
<b>Act#: 5177</b>	<b>8-11 yrs</b>	<b>Mar 6-Apr 3</b>	<b>Fri</b>	<b>3:45-4:45 pm</b>
<b>Act#: 5178</b>	<b>3-5 yrs</b>	<b>Apr 17-May 15</b>	<b>Fri</b>	<b>1:15-2:00 pm</b>
<b>Act#: 5179</b>	<b>5-7 yrs</b>	<b>Apr 17-May 15</b>	<b>Fri</b>	<b>2:30-3:30 pm</b>
<b>Act#: 5180</b>	<b>8-11 yrs</b>	<b>Apr 17-May 15</b>	<b>Fri</b>	<b>3:45-4:45 pm</b>



## TriFytt Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

For more info call: **The City of Lake Forest at 461-3450**

<b>Act#: 5243</b>	<b>2-3 yrs</b>	<b>Apr 11-May 16</b>	<b>Sat</b>	<b>11:30 am-12:00 pm</b>
<b>Act#: 5244</b>	<b>3-5 yrs</b>	<b>Apr 11-May 16</b>	<b>Sat</b>	<b>12:00-12:45 pm</b>



## TriFytt Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident  
\$94 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

For more info call: **The City of Lake Forest at 461-3450**

**Act#: 5249 2-3 yrs Mar 28-May 16 Sat 10:00-10:30 am**



## TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$89 per Parent and Child couple – Resident  
\$94 per Parent and Child couple – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

For more info call: **The City of Lake Forest at 461-3450**

**Act#: 5253 2-3 yrs Mar 27-May 15 Fri 5:00-5:30 pm**



## TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident  
\$94 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

For more info call: **The City of Lake Forest at 461-3450**

<b>Act#: 5254</b>	<b>2-3 yrs</b>	<b>Mar 24-May 12</b>	<b>Tue</b>	<b>5:00-5:30 pm</b>
<b>Act#: 5255</b>	<b>3-5 yrs</b>	<b>Mar 24-May 12</b>	<b>Tue</b>	<b>5:30-6:15 pm</b>

# Save time!



Register for our programs online at

**www.online.activecommunities.com/lfreconline**





## TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident  
\$94 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5256	3-4 yrs	Mar 27-May 15	Fri	5:30-6:15 pm
Act#: 5257	4-6 yrs	Mar 27-May 15	Fri	6:30-7:15 pm



## TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$89 per participant – Resident  
\$94 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 5258	3-5 yrs	Mar 28-May 16	Sat	9:00-9:45 am
Act#: 5259	5-7 yrs	Mar 28-May 16	Sat	10:30-11:15 am

## Glee Guys

Glee Guys sing in unison and 2-part harmony with piano accompaniment. Teaching harmony at this young age will develop their musical ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning. Visit [GotGlee.com](http://GotGlee.com) for more info.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident  
\$54 – Non-Resident  
(4-week sessions)

Location: Glee Music Academy  
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4996	7- 12 yrs	Feb 23-Mar 16	Mon	7:30-8:20 pm
Act#: 4997	7- 12 yrs	Mar 9-30	Mon	7:30-8:20 pm

## Glee Girls

Glee Girls sing in 2-part harmony with piano accompaniment. Teaching harmony at this young age will develop their musical ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning. Visit [GotGlee.com](http://GotGlee.com) for more info.

Instructor: Glee Music Academy Staff

Fee: \$49 – Resident  
\$54 – Non-Resident  
(4-week sessions)

Location: Glee Music Academy  
(25 Spectrum Pointe Dr, Ste 406)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4999	7- 12 yrs	Feb 23-Mar 16	Mon	4:30-5:15 pm
Act#: 5000	7- 12 yrs	Mar 2-23	Mon	4:30-5:15 pm
Act#: 5001	7- 12 yrs	Mar 9-30	Mon	4:30-5:15 pm
Act#: 5002	7- 12 yrs	Apr 13-May 4	Mon	4:30-5:15 pm
Act#: 5003	7- 12 yrs	Apr 20-May 11	Mon	4:30-5:15 pm
Act#: 5004	7- 12 yrs	Apr 27-May 18	Mon	4:30-5:15 pm

## Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$99 – Resident  
\$104 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 4859	10 yrs-Adult	Feb 19-Mar 19	Thu	4:30-5:30 pm
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## Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** (Pre-registration is required for this course and space is limited)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident  
\$5 – Non-Resident

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5260	10-Adult	Apr 11	Sat	3:00-5:00 pm
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## CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5262 10-Adult Apr 11 Sat 12:30-3:00 pm

## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33-Non-Resident  
(one-time workshop)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5263 10-Adult Apr 11 Sat 10:00 am-5:00 pm

## Adult

### Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these winter courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident  
\$77 – Non-Resident  
(6-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5153	18 & up	Mar 2-Apr 6	Mon	7:30-8:30 pm
Act#: 5154	18 & up	Mar 11-Apr 15	Wed	7:00-8:00 pm
Act#: 5155	18 & up	Apr 13-May 25 *	Mon	7:30-8:30 pm
Act#: 5156	18 & up	Apr 22-May 27	Wed	7:00-8:00 pm

\*No class on April 20

### Cardio Yoga Booty Ballet

Get your heart rate up with cardio dance moves at the barre and center floor and tone with resistance training for full body workout. This class combines cardio movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging the body and mind. Participants need to bring yoga mat, water and 1-2 lb. weights. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit [OCDanceProductions.com](http://OCDanceProductions.com).

Instructor: OC Dance Productions Staff

Fee: \$60 – Resident  
\$65 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 5186 18 & up Mar 2-May 11\* Mon 6:30-7:30 pm

\*No class on April 6

# Save time!



Register for our programs online at

[www.online.activecommunities.com/lfreonline](http://www.online.activecommunities.com/lfreonline)





## Prenatal Yoga



In this prenatal yoga class you will be exploring and celebrating a new and softer side of your yoga practice with your baby to be! Learn how to safely modify through all 3 trimesters, while still maintaining a well-rounded practice. This class will prepare you for birth through safely modified poses, breathwork, plus relaxing and meditation techniques. Prenatal yoga will help you stay centered and grounded through this exciting time as you prepare for your little bundle of joy! Bring yoga mat, water, towel and snacks to keep mommies-to-be comfortable and safe. Props are recommended: yoga blocks, blankets, bolsters. Note: ALL trimesters welcome.

Instructor: Devann Sheuerman

Fee: \$85 – Resident  
\$90 – Non-Resident  
(6-week session)

Materials Fee: An additional material fee of \$5 due to instructor on first class meeting

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5157 18 & up Feb 23-Mar 30 Mon 10:15-11:15 am**

**Act#: 5158 18 & up Apr 6-May 18\* Mon 10:15-11:15 am**

**Act#: 5159 18 & up May 25-Jun 29 Mon 10:15-11:15 am**

**\*No class on April 20**

## HypnoBirthing®

Mongan Method HypnoBirthing® is a complete birth education program that teaches simple but specific self hypnosis, relaxation and breathing techniques for a better birth. With HypnoBirthing®, you will discover that severe pain does not have to be an accompaniment of labor. You will gain an understanding of how the birthing muscles work in perfect harmony – as they were designed to – when your body is sufficiently relaxed and you trust birth. You will learn how to achieve this kind of relaxation, free of the resistance that fear creates, and how to use your natural birthing instincts for a calm, serene and comfortable birth. Most importantly, you will learn how to put yourself back in control of your birth – rather than blindly turning your birthing experience over to your doctor or nurses. HypnoBirthing® doesn't mean you'll be in a trance or a sleep; instead you will be able to chat, and be in good spirits - totally relaxed, but fully in control. You'll always be aware of what is happening to you, and around you. HypnoBirthing® doesn't require any particular belief system, or prior experience. For more detailed information about this program please visit [www.hypnobirthingoc.com](http://www.hypnobirthingoc.com).

Instructor: Nicolle Kasch

Fee: \$350 – Resident  
\$355 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

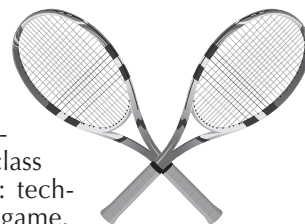
**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5181 18 & up Mar 5-Apr 2 Thu 6:30-9:00 pm**

**Act#: 5182 18 & up Apr 16-May 14 Thu 6:30-9:00 pm**

## Tennis For Everyone ~ Adult



You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Location: El Toro Park Tennis Courts  
(23701 Los Alisos Blvd)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4991 16 yrs & up Apr 11-May 30 Beg Sat 9:00-10:00 am**

**Act#: 4992 16 yrs & up Apr 11-May 30 Int Sat 10:00-11:00 am**

## Get Golf Ready

Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 – Resident  
\$134 – Non-Resident  
(4-week session)

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5020 18 yrs & up Mar 5-26 Thu 6:00-7:00 pm**

**Act#: 5021 18 yrs & up Mar 8-29 Sun 1:00-2:00 pm**

**Act#: 5022 18 yrs & up Mar 13-Apr 3 Fri 6:00-7:00 pm**

**Act#: 5023 18 yrs & up Mar 14-Apr 4 Sat 12:00-1:00 pm**

**Act#: 5024 18 yrs & up Mar 18-Apr 8 Wed 5:30-6:30 pm**

**Act#: 5025 18 yrs & up Mar 22-Apr 12 Sun 12:00-1:00 pm**

**Act#: 5026 18 yrs & up Apr 2-23 Thu 5:00-6:00 pm**

**Act#: 5027 18 yrs & up Apr 5-26 Sun 12:00 -1:00 pm**

**Act#: 5028 18 yrs & up Apr 10-May 1 Fri 7:00-8:00 pm**

**Act#: 5029 18 yrs & up Apr 11-May 2 Sat 1:00-2:00 pm**

**Act#: 5030 18 yrs & up Apr 15-May 6 Wed 6:30-7:30 pm**

**Act#: 5031 18 yrs & up Apr 19-May 10 Sun 1:00-2:00 pm**

**Act#: 5032 18 yrs & up May 7-28 Thu 6:00-7:00 pm**

**Act#: 5033 18 yrs & up May 10-31 Sun 1:00-2:00 pm**

**Act#: 5034 18 yrs & up May 15-Jun 5 Fri 6:00-7:00 pm**

**Act#: 5035 18 yrs & up May 16-Jun 6 Sat 12:00-1:00 pm**

**Act#: 5036 18 yrs & up May 20-Jun 10 Wed 5:30-6:30 pm**

**Act#: 5037 18 yrs & up May 24-Jun 14 Sun 12:00-1:00 pm**

## Zumba®

Zumba is one of the most unique, fun, and beneficial exercise programs to have blessed the fitness market for its diversity and level of fun! There are numerous different styles of Latin dances mixed in (Salsa, Merengue, Cumbia, Reggaeton, etc), and the beautiful part of this class is that you don't have to be a dancer or professional, period. Zumba Fusion allows anyone and everyone to have fun while dancing and exercising, and at the same time – learning different styles of movement to amazing music. You can't beat that!

Instructor: OC Zumba Fitness Staff

Fee: \$50 per participant – Resident  
\$55 per participant – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5211 18 & up Mar 17-Apr 14 Tue 6:30-7:30 pm**

## Zumba Gold

Zumba Gold is a beginner's level dance fitness exercise program designed with mature active adults in mind. Zumba Gold was born out of the fact that there were a lot of people who wanted to do regular Zumba but couldn't keep up with the fast-moving pace or handle the impact of the regular version. It's an easy to follow, low impact program that utilizes Latin and International rhythms to tone the body and increase flexibility. This version of Zumba is gentler on the body, but you still get the full effect and flavor of regular Zumba. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.**

Instructor: Angie Velez

**Act#: 5147** 5-class package Fee: \$35 – Resident  
\$40 – Non-Resident  
**Act#: 5148** 10-class package Fee: \$60 – Resident  
\$65 – Non-Resident

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The Recreation Center at 273-6960**

<b>18 &amp; up</b>	<b>Ongoing</b>	<b>Tue</b>	<b>5:45-6:45 pm</b>
<b>18 &amp; up</b>	<b>Ongoing</b>	<b>Wed</b>	<b>9:00-10:00 am</b>
<b>18 &amp; up</b>	<b>Ongoing</b>	<b>Sat</b>	<b>10:00-11:00 am</b>

## Beginning Ballroom Dance

Come out and dance with us! We will work on smooth dances like Fox Trot or Waltz and rhythm dances such as Cha Cha or Salsa. Bring a registered partner and get ready to dance the night away! No dance experience needed. **Registered partner required.**

Instructor: Carri Fox

Fee: \$38 – Resident  
\$43 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5135 18 & up Feb 20-Mar 20 Fri 6:45-7:30 pm**  
**Act#: 5136 18 & up Apr 24-May 22 Fri 6:45-7:30 pm**

## Beginning Swing Dance

Grab your partner and come Swing dancing! We will work on basics and variations. You'll be dancing the first night and have fun doing variations on Eastern Swing! **Registered partner required.**

Instructor: Carri Fox

Fee: \$38 – Resident  
\$43 – Non-Resident  
(5-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5137 18 & up Feb 20-Mar 20 Fri 7:30-8:15 pm**  
**Act#: 5138 18 & up Apr 24-May 22 Fri 7:30-8:15 pm**

## Belly Dance Level 1

This total-body dance form develops core control, powerful hip work, breath, fluidity and grace in a fun and supportive atmosphere!

Instructor: Tina Elkins

Fee: \$55 – Resident  
\$60 – Non-Resident  
(4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5264 18 & up Mar 2-Mar 23 Mon 6:00-7:15 pm**  
**Act#: 5265 18 & up Apr 6-Apr 27 Mon 6:00-7:15 pm**  
**Act#: 5266 18 & up May 4-Jun 1\* Mon 6:00-7:15 pm**

**\*No class on 5/25**

## Belly Dance Level 2

Learn to put it all together in belly dance combinations, layering, choreography and improvisation! Pre-requisite: Completion and comfort with Level 1.

Instructor: Tina Elkins

Fee: \$55 – Resident  
\$60 – Non-Resident  
(4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5267 18 & up Mar 2-Mar 23 Mon 7:30-8:45 pm**  
**Act#: 5268 18 & up Apr 6-Apr 27 Mon 7:30-8:45 pm**  
**Act#: 5269 18 & up May 4-Jun 1\* Mon 7:30-8:45 pm**

**\*No class on 5/25**

## Belly Dance Mornings!

Develop core control, powerful hip work, breath, fluidity and grace in a fun and supportive atmosphere!

Instructor: Tina Elkins

Fee: \$55 – Resident  
\$60 – Non-Resident  
(4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5270 18 & up Mar 1-Mar 24 Tue 10:00-11:15 am**  
**Act#: 5271 18 & up Apr 7-Apr 28 Tue 10:00-11:15 am**  
**Act#: 5272 18 & up May 5-May 26 Tue 10:00-11:15 am**





## Dog Obedience

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. **Do not bring dog to first class.** Owner must provide proof of vaccinations, training collar, and leash. (Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. (Online registration is not available for discount program.)

Instructor: Mari Quillman

Fee: \$65 – Resident  
\$70 – Non-Resident  
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5038 Families Mar 4-Apr 22 Wed 6:30-7:30 pm**

## Ceramic Creations

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items, work on small simple projects each week or more intricate ones throughout the class.

Instructor: My Art Studio – Lucia Henry

Fee: \$105 – Resident  
\$110 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$25 due to instructor on first class meeting

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5151 18 & up May 15-Jun 12 Fri 5:30-7:00 pm**

## National Scrapbook Day!



Are you looking for a place to work on your scrapbooks? Would you like to get a lot done in one day uninterrupted? Come join us for a fun day of scrapbooking, instruction, idea sharing, prizes and dinner! Visit [shareyourphotos.net](http://shareyourphotos.net) to purchase materials before class. Fee includes dinner and prizes.

Instructor: Kim Martin

Fee: \$50 – Resident  
\$55 – Non-Resident  
(1-day workshop)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5278 Adult May 2 Sat 1:00-9:00 pm**

## Help, I'm Overwhelmed with Photos!

Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn how to organize your photos and memorabilia and start organizing that night! You will learn how to make fast traditional albums so you can view and enjoy your photos. Please bring 10-12 themed photos with you to create a Simply Said Scrapbook in class, in addition to a box of unorganized photos. Visit [shareyourphotos.net](http://shareyourphotos.net) for more information.

Instructor: Kim Martin

Fee: \$25 – Resident  
\$30 – Non-Resident  
(1-day workshop)

Material Fee: An additional \$15 material fee is due to instructor

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5273 Adult Apr 16 Thu 7:00-9:30 pm**

## Simply Digital: Digital Scrapbooking

Are you wanting to make easy, yet beautiful glossy scrapbooks? In this class you will learn hands-on how to create scrapbooks, 12x12 page prints, invitations, cards, party favors and more! You will also learn tips on how to organize your digital photos! Please bring laptop to first class. Visit [shareyourphotos.net](http://shareyourphotos.net) for more information.

Instructor: Kim Martin

Fee: \$25 – Resident  
\$30 – Non-Resident  
(1-day workshop)

Material Fee: An additional \$40 material fee is due to instructor

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5276 Adult Mar 19 Thu 7:00-9:30 pm**  
**Act#: 5277 Adult May 21 Thu 7:00-9:30 pm**

## Shotokan Karate Do



Students will learn blocks, kicks, strikes, throws, self-defense and increase fitness while learning traditional Shotokan Karate Do, a Japanese martial art. Competition available at local, regional, national and international levels.

Instructor: Tai Cigar

Fee: \$70 – Resident  
\$75 – Non-Resident  
(4-week session)

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail In, Walk-In**

**For more info call: The Recreation Center at 273-6960**

**Act#: 5279 18 & up Mar 2-Mar 25 Mon & Wed 12:15-1:15 pm**

**Act#: 5280 18 & up Apr 6-Apr 29 Mon & Wed 12:15-1:15 pm**

## Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5039 18 & up Mar 2-Apr 22 Mon & Wed 7:00-8:00 pm**

**Act#: 5040 18 & up Mar 3-Apr 23 Tue & Thu 6:00-7:00 pm**

## Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5041 18 & up Mar 2-Apr 22 Mon & Wed 6:00-7:00 pm**

**Act#: 5042 18 & up Mar 3-Apr 23 Tue & Thu 7:00-8:00 pm**

## SPECIAL NEEDS

### Spring Has Sprung!: Special Needs Dance for Teens and Adults



Spring is here and we want to see you at our next dance! We will dance the evening away to tunes our DJ provides! There will be refreshments and prizes, too! Don't miss the chance to make some new friends!

**Pre-registration is encouraged.**

**For more info call: Marilyn Norment at 461-3447 or email [mnorment@lakeforestcagov](mailto:mnorment@lakeforestcagov).**

**Act#: 5134 13 yrs - Adult Apr 10 Fri 7:00-9:00 pm**

### Swim Lessons for Children and Adults with Special Needs



Our adult instructors are experienced in teaching special needs swimmers, and our small, indoor facility is ideal for focused lessons. Moreover, with the use of pool-side TV monitors and video cameras, our ability to give students instant visual feedback during their lesson is invaluable.

Instructor: SwimLabs staff

Fee: \$48 per lesson – Resident  
\$53 per lesson – Non-Resident

**(\$30 one-time family registration fee applies in addition to cost of class. Payable at first class meeting.)**

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

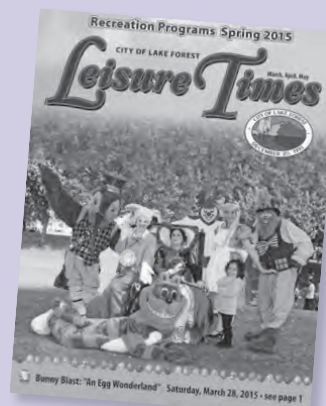
**To Register: Mail-In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5107 Ages 1 to adult ongoing varies**

## Done with this brochure?

Don't throw it away!  
Pass it on to your  
friends and family  
so they can sign up  
for our great Spring  
programs too!





## Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the City to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes, please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month- Resident  
\$80 per month- Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

**To Register: Mail In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5144    3-19 yrs    Ongoing    Mon-Sat    varies**

## Lake Forest Little League Challenger Baseball



**Challenger Baseball** is a Little League program for boys and girls with special needs. Children **6 to 18 years** of age with any physical and/or developmental disability are welcome.

**COST:** There is **NO** registration fee for Challenger players! LFL will cover the cost of a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

**PRACTICES:** Friday afternoons at Foothill Ranch Community Park field, beginning in February 2015. The focus is skill-building and team work.

**GAMES:** Saturday mornings, February to June 2015. Opening Day and Team Photos are February 28, 2015. Closing Day Festivities are in June. The last game is played on the field at Angel Stadium in Anaheim!

**Come join the Lake Forest Little League!**

Register on-line at [LFL.org](http://LFL.org)

For more information or to sign up call:  
Melinda Luttrell (949) 837-3189  
Or email us at [challengers@lfl.org](mailto:challengers@lfl.org)

## Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson MS, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

Instructors: Rosa Patterson MS, BCBA and Intervention Staff

Fee: \$75 per session – Resident  
\$80 per session – Non-Resident

Location: 23701 Birtcher Dr (949) 581-0100 or  
toll-free (855) 581-0100

**To Register: Mail-In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5106    2-19 yrs    ongoing    Mon-Sat    varies**

## What Is "TOPSoccer"?



**TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.**

- TOPSoccer provides a safe and fun environment for athletes with special needs to participate in organized sports.
- Athletes between ages 4 and 30 compete in the program, which emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!

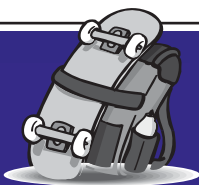


For more info, please contact:

Rick Trevers: [Laguna Niguel](mailto:Laguna Niguel)  
Youth Soccer Association  
[Rick.Trevers@LNYS.org](mailto:Rick.Trevers@LNYS.org)

Sandy Castillo: [scastillo@calsouth.com](mailto:scastillo@calsouth.com) or visit  
[calsouth.com/topsoccer](http://calsouth.com/topsoccer)

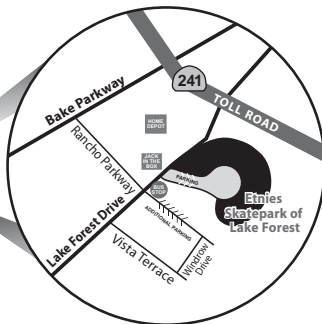
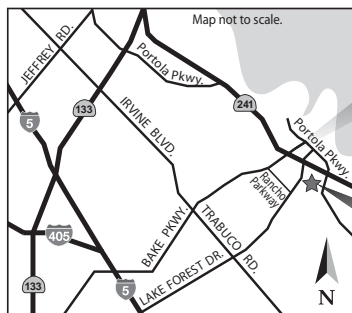
# ETNIES SKATEPARK OF LAKE FOREST



**Voted "Best Skatepark 2013" – Best of OCRegister  
"#1 Family Friendly Reader's Choice 2013"  
Award from ParentingOC Magazine**



**Etnies Skatepark  
of Lake Forest**  
20028 Lake Forest Drive  
Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skate-board facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$15 for an annual membership. Memberships are for the calendar year 2015 and expire December 31, 2015, regardless of purchase date.

Location: 20028 Lake Forest Dr. Phone: 949-916-5870

**In the case of inclement weather, please call ahead to see if the Park is open or check the free HD webcam.**

Make sure to visit the Skatepark on the web at [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com). New to the website is a live HD Webcam tour of the park. The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out.

**Skate Sessions**  
Monday -Thursday . . . . 11:00 am-9:00 pm  
Friday . . . . . 11:00 am-10:00 pm  
Saturday . . . . . 10:00 am-10:00 pm  
Sunday . . . . . 10:00 am-9:00 pm

## SPRING 2015 HOLIDAY HOURS

The Skatepark will be closed Sunday, April 5, 2015 from noon until dusk due to the holiday.

## Band Nights at the Skatepark

This marks the eighth year of hosting all ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smog town, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area while we raise money for the Keep 'N' It Free campaign. The shows are supervised, safe, and fun for all ages. All proceeds raised go to "Keep 'N' It Free". Please check out EtniesSkatepark.com for latest show news, photos, and event flyers.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**For more info and specific bands playing, please call: The Skatepark at 916-5870**

**All Ages Mar 13 Fri 6:00-10:00 pm**



## Etnies Egg-cellent Egg Hunt and Festival of Colors

It's springtime and time for the Skatepark to host its annual holiday egg hunt! Come and visit the Skateboarding Bunny, play in the jump houses, and participate in fun crafts. This is a family friendly event and great for the young ones! The Park will be closed to riding during this event so it will be safe for all to enjoy. Eggs will be hidden throughout the Skatepark and will have small prizes inside each one. Please bring your own basket as we may have limited supplies for the event. **The Egg Hunt starts at 11:15 am sharp, so please don't be late or you will miss it!** Depending on overall turnout, participants may be limited in the amount of eggs they will be allowed to collect. There will be a great opportunity to take photos with the bunny after the egg hunt.

Fee: \$5 fee for egg hunt and \$5 fee for unlimited jumper wristband.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages Apr 4 Sat 11:00 am-1:00 pm**



# Birthday Parties at the Skatepark

Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!



## Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.

Optional Pinata in Cradle %65- Includes large size piñata, stuffed with candies and grab bags. Skatepark Staff will operate piñata during party.

- The picnic bench area is decorated and reserved for your party goers.

**Note:** All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

**Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as for the participants.

## Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

## Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email [EtniesSkatepark@lakeforestca.gov](mailto:EtniesSkatepark@lakeforestca.gov) or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

## The Gathering – Where Art Meets Skateboarding

The third annual exhibition of skateboard art and photography with those that create it held at the best Skatepark around. Come enjoy the sounds of music, great atmosphere, and unique pieces of art. All for the great cause of raising money to keep the Park free. If you're interested in displaying your artwork, photography, or assisting in this fundraiser, please contact Nick Gates at [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov). Spaces are limited, so please contact us quickly.

Fee: \$5 per person

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages Apr 25 Sat 6:00-10:00 pm**  
**Rain Date: May 2, 2015**

## After School Skate Club

The after school skate club is a great way to improve skills and meet friends. The club is supervised by a Skatepark staff. Club members work on skills, have fun, and learn. Members do not have to attend every day, but are asked to attend a minimum of once a week.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Sign up at Skatepark Office**

**Fee: \$20 per month**

**For more info call: The Skatepark at 916-5870**

**5-17 yrs Mar, Apr, May Tue, Thu 3:30- 6:30 pm**



## Spring Break Skate Camp

Choose this Spring break to spend a week at one of the best skate camps around! Specific clinics covered during camp lesson times include the basics of ollies, how to kick flip, and more! Each camper gets to design their own skateboard. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment, skateboard deck, and a lunch/drink each day. All proceeds go directly to keeping the park free.

Fee: \$195 per person Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The Skatepark at 916-5870**

**Act #: 5297 6-17 yrs Apr 6-10 Mon- Fri 10:00 am-2:00 pm**

# SKATEPARK CLASSES

## Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one-on-one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 5299</b>	<b>6 yrs &amp; up</b>	<b>Mar 3-24</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#: 5300</b>	<b>6 yrs &amp; up</b>	<b>Apr 7-28</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#: 5301</b>	<b>6 yrs &amp; up</b>	<b>May 5-26</b>	<b>Tue</b>	<b>4:00-5:00 pm</b>
<b>Act#: 5302</b>	<b>6 yrs &amp; up</b>	<b>Mar 7-28</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#: 5303</b>	<b>6 yrs &amp; up</b>	<b>Apr 4-25</b>	<b>Sat</b>	<b>9:00-10:00 am</b>
<b>Act#: 5304</b>	<b>6 yrs &amp; up</b>	<b>May 3-23</b>	<b>Sat</b>	<b>9:00-10:00 am</b>

## Intermediate Skateboard Lessons

Did you start in the beginning skate board lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: On-line Mail-In, Walk-in**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 5305</b>	<b>6 yrs &amp; up</b>	<b>Mar 3-24</b>	<b>Tue</b>	<b>5:00-6:00 pm</b>
<b>Act#: 5306</b>	<b>6 yrs &amp; up</b>	<b>Apr 7-28</b>	<b>Tue</b>	<b>5:00-6:00 pm</b>
<b>Act#: 5307</b>	<b>6 yrs &amp; up</b>	<b>May 5-26</b>	<b>Tue</b>	<b>5:00-6:00 pm</b>
<b>Act#: 5308</b>	<b>6 yrs &amp; up</b>	<b>Mar 7-28</b>	<b>Sat</b>	<b>10:00-11:00 am</b>
<b>Act#: 5309</b>	<b>6 yrs &amp; up</b>	<b>Apr 4-25</b>	<b>Sat</b>	<b>10:00-11:00 am</b>
<b>Act#: 5310</b>	<b>6 yrs &amp; up</b>	<b>May 9-30</b>	<b>Sat</b>	<b>10:00-11:00 am</b>





## Private Skateboard Lessons

The skull bowl, vert wall, or even the 11 stair handrail may be the most intimidating of obstacles for the novice rider. The new private lessons offered at the Skatepark can cater to your skill level on any of the obstacles in the Skatepark. The lessons are taught by experienced riders who are capable of showing the beginners where to start to advanced riders new tricks such as switch stance, pool coping grinds and how to use the flow course to its full potential. Availabilities are limited so make sure to sign up quickly. These lessons are for young and old alike so don't be hesitant to dust off your old board and come on out for some fun and thrills. These lessons are also great for those who may have Special Needs, Preschool age, or those too old for our skate class programs.

Instructor: Skatepark Staff

Fee: \$40 – per session. Sign up for a month of classes for \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register: Mail-In, Walk-In. On-line registration is not available for this program.**

For more info call: The City of Lake Forest at 461-3450

## MARCH

Act#: 5311 Mar-A	5 yrs and up	Mar 5	Thu	3:00 pm
Act#: 5311 Mar-B	5 yrs and up	Mar 5	Thu	4:00 pm
Act#: 5311 Mar-C	5 yrs and up	Mar 5	Thu	5:00 pm
Act#: 5311 Mar-D	5 yrs and up	Mar 5	Thu	6:00 pm
Act#: 5311 Mar-E	5 yrs and up	Mar 12	Thu	3:00 pm
Act#: 5311 Mar-F	5 yrs and up	Mar 12	Thu	4:00 pm
Act#: 5311 Mar-G	5 yrs and up	Mar 12	Thu	5:00 pm
Act#: 5311 Mar-H	5 yrs and up	Mar 12	Thu	6:00 pm
Act#: 5311 Mar-I	5 yrs and up	Mar 19	Thu	3:00 pm
Act#: 5311 Mar-J	5 yrs and up	Mar 19	Thu	4:00 pm
Act#: 5311 Mar-K	5 yrs and up	Mar 19	Thu	5:00 pm
Act#: 5311 Mar-L	5 yrs and up	Mar 19	Thu	6:00 pm
Act#: 5311 Mar-M	5 yrs and up	Mar 26	Thu	3:00 pm
Act#: 5311 Mar-N	5 yrs and up	Mar 26	Thu	4:00 pm
Act#: 5311 Mar-O	5 yrs and up	Mar 26	Thu	5:00 pm
Act#: 5311 Mar-P	5 yrs and up	Mar 26	Thu	6:00 pm

## APRIL

Act#: 5311 Apr-A	5 yrs and up	Apr 2	Thu	3:00 pm
Act#: 5311 Apr-B	5 yrs and up	Apr 2	Thu	4:00 pm
Act#: 5311 Apr-C	5 yrs and up	Apr 2	Thu	5:00 pm
Act#: 5311 Apr-D	5 yrs and up	Apr 2	Thu	6:00 pm
Act#: 5311 Apr-E	5 yrs and up	Apr 9	Thu	3:00 pm
Act#: 5311 Apr-F	5 yrs and up	Apr 9	Thu	4:00 pm
Act#: 5311 Apr-G	5 yrs and up	Apr 9	Thu	5:00 pm
Act#: 5311 Apr-H	5 yrs and up	Apr 9	Thu	6:00 pm
Act#: 5311 Apr-I	5 yrs and up	Apr 16	Thu	3:00 pm
Act#: 5311 Apr-J	5 yrs and up	Apr 16	Thu	4:00 pm
Act#: 5311 Apr-K	5 yrs and up	Apr 16	Thu	5:00 pm
Act#: 5311 Apr-L	5 yrs and up	Apr 16	Thu	6:00 pm
Act#: 5311 Apr-M	5 yrs and up	Apr 23	Thu	3:00 pm
Act#: 5311 Apr-N	5 yrs and up	Apr 23	Thu	4:00 pm
Act#: 5311 Apr-O	5 yrs and up	Apr 23	Thu	5:00 pm
Act#: 5311 Apr-P	5 yrs and up	Apr 23	Thu	6:00 pm
Act#: 5311 Apr-Q	5 yrs and up	Apr 30	Thu	3:00 pm
Act#: 5311 Apr-R	5 yrs and up	Apr 30	Thu	4:00 pm
Act#: 5311 Apr-S	5 yrs and up	Apr 30	Thu	5:00 pm
Act#: 5311 Apr-T	5 yrs and up	Apr 30	Thu	6:00 pm

## MAY

Act#: 5311 May-A	5 yrs and up	May 7	Thu	3:00 pm
Act#: 5311 May-B	5 yrs and up	May 7	Thu	4:00 pm
Act#: 5311 May-C	5 yrs and up	May 7	Thu	5:00 pm
Act#: 5311 May-D	5 yrs and up	May 7	Thu	6:00 pm
Act#: 5311 May-E	5 yrs and up	May 14	Thu	3:00 pm
Act#: 5311 May-F	5 yrs and up	May 14	Thu	4:00 pm
Act#: 5311 May-G	5 yrs and up	May 14	Thu	5:00 pm
Act#: 5311 May-H	5 yrs and up	May 14	Thu	6:00 pm
Act#: 5311 May-I	5 yrs and up	May 21	Thu	3:00 pm
Act#: 5311 May-J	5 yrs and up	May 21	Thu	4:00 pm
Act#: 5311 May-K	5 yrs and up	May 21	Thu	5:00 pm
Act#: 5311 May-L	5 yrs and up	May 21	Thu	6:00 pm
Act#: 5311 May-M	5 yrs and up	May 28	Thu	3:00 pm
Act#: 5311 May-N	5 yrs and up	May 28	Thu	4:00 pm
Act#: 5311 May-O	5 yrs and up	May 28	Thu	5:00 pm
Act#: 5311 May-P	5 yrs and up	May 28	Thu	6:00 pm

## Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

## Missed Class Policy

Classes cannot be made up if they are missed by the participant.

# TEEN ACTIVITIES & EXCURSIONS

## THE Lounge

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Friday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: \$25 per semester

Location: The Teen Lounge at  
the Lake Forest Recreation Center  
(28000 Rancho Parkway)

For more info call: 273-6960 or e-mail [mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov).

**To Register:** Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Recreation Center.

**Teens**      **2014-2015 School Year**      **Mon-Fri**      **3:30-6:00 pm**  
(excluding school holidays)

## "Last Fridays" Lounge Nights

Join us at the end of every month and celebrate Last Fridays! Give your parents a night off and celebrate good times with friends at the Recreation Center and Teen Lounge! There will be video games, dinner and snacks, movie screenings, music, activities and maybe even surprise guest entertainers! These will be Friday nights you won't want to miss! Discount is given to participants who pre-register.

Fee: \$5 per person per Friday – pre-registered  
\$7 per person per Friday – at the door

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

For more info call: 273-6960 or e-mail [mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov).

**To Register:** Online, Mail-In, Walk-In

Act#: 5281	11-14 yrs	Mar 27	Fri	6:00-10:00 pm
Act#: 5282	11-14 yrs	Apr 24	Fri	6:00-10:00 pm
Act#: 5283	11-14 yrs	May 29	Fri	6:00-10:00 pm

## A.C.T. (Advisory Committee for Teens)

Do you want to make a difference in your community? Do you wish that there were more things to do in Lake Forest? Then get ACTIVE in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFTeens.com webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month. Teens wishing to be a part of the group must go through the application process that includes a registration packet and interview.

Fee: Free!

Location: The Lounge at the Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Apply:** Please attend an informational meeting to obtain an application.

For more info call: 273-6960 or e-mail [mvillasenor@lakeforestca.gov](mailto:mvillasenor@lakeforestca.gov).

**Committee Meetings/New member information nights:**

Teens	Mar 4	Wed	6:00-7:00 pm
Teens	Mar 19	Thu	6:00-7:00 pm
Teens	Apr 1	Wed	6:00-7:00 pm
Teens	Apr 16	Thu	6:00-7:00 pm
Teens	Apr 29	Wed	6:00-7:00 pm
Teens	May 14	Thu	6:00-7:00 pm
Teens	May 27	Wed	6:00-7:00 pm

## Spring into Fun Teen Camp

Attention all Intermediate School students! Take a week long break from school and experience fun amusement parks and attractions Southern California has to offer during the spring break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going to fun places like Regal Movies, Pump It Up, Boomers and more! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Instructor: Recreation Staff

Fee: \$129 – per Resident  
\$134 – per Non-Resident

Location: Lake Forest Recreation Center  
(28000 Rancho Parkway)

**To Register:** On-line, Mail-in, Walk-in

**For more info call:**  
**The Recreation Center at 273-6960**

**Act#: 5184    11-14 yrs    Apr 6-10**  
**Mon-Fri    7:30 am-6:00 pm**



## COMMUNITY SERVICES

### Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

**For more info call: The City of Lake Forest Police Services at 461-3530**

**On-going**

**Mon-Thu**

**8:00 am-4:00 pm**

### Looking For A Unique Opportunity? Police Explorers Program in Lake Forest

Explorers will broaden their understanding of the challenges their community's police services face, as well as the job opportunities offered by the Orange County Sheriff's Department. In addition to gaining a working knowledge of police work, Explorers have numerous opportunities to provide community service.

#### APPLICANTS MUST BE:

- Between ages 14 and 21
- Minimum GPA 2.0 and good standing
- Free of arrests and convictions
- May not be on probation
- Free of any severe mental or physical limitations

**For more info call:  
Vanessa Barker at 461-3546 or  
via email at [vbarker@ocsd.org](mailto:vbarker@ocsd.org).**



**GET SAFE**  
Prepare - Respond - Empower



## Shaping Strong and Successful Students



The City and the Orange County Sheriff's Department has partnered with GET SAFE, an organization that teaches safety skills and awareness techniques to help kids keep their guard up. Next month, GET SAFE is coming to Lake Forest to offer a free hands-on interactive training to K-6 students!

The GET SAFE Academy curriculum focuses on the physical, mental, and emotional aspects designed to empower kids. Wearing their GET SAFE t-shirts and bracelets, students will hear some important safety and awareness information from experienced trainers, as well as engage in fun activities that help them learn and retain the information needed to avoid unsafe situations and protect themselves.

Fee: Free

Location: Lake Forest City Hall  
(25550 Commercentre Drive)

**To Register: Online or Walk-In only by Friday, May 1.**

**For more info call: The City of Lake Forest Police Services at 461-3548**

**Act#: 5185 5 yrs-Adult May 6-27 Wed 6:00-8:00 pm**

# SENIOR PROGRAMS

## Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at [bsilvey@lakeforestca.gov](mailto:bsilvey@lakeforestca.gov).

## Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

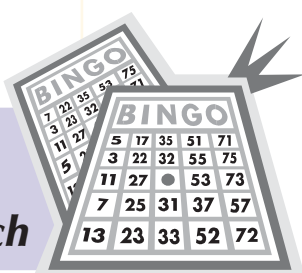
For more info or to register call: The City of Lake Forest at 461-3445

**Seniors On-going Mon-Wed 11:30 am**  
**B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!**

**Seniors On-going Mon-Thu 10:00 am-2:00 pm**



**THURSDAYS**  
**10:30 am: Bingo**  
**12:00 pm: Hot Lunch**



## Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



## Want Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to [mnorment@lakeforestca.gov](mailto:mnorment@lakeforestca.gov).



*Providing free and low-cost civil legal services to low-income persons, families, and seniors*

## Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

**Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.**

Appointments are scheduled for 20 minutes – to receive the most out of your appointment, please write down questions for the attorney.

Fee: Free

Location: Lake Forest Community Center  
25550 Commercentre Dr.

To make an appointment: Call 461-3408 (Monday thru Thursday) from 9:00 am to 1:00 pm

**Seniors Apr 23 Thu 9:00 am-1:00 pm**

## Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. **Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**



**Please note: There is no instructor on-site.**

Fee: Free!

Location: Lake Forest Community Center, Computer Lab  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

**Seniors On-going Mon-Thu 10:00 am-2:00 pm**  
**(On Wednesdays, the lab opens at 11:00 am)**

**During the tax preparation program, the computer lab will be closed on Mondays, March 2 to April 6.**



## SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday. To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made at least **24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.

## TAXI TRANSPORTATION



Do you need a ride to a doctor's appointment, grocery shopping, pick-up prescriptions, go to a movie, or visit a friend? If so, our new taxi program is for you! The new transportation program is available 7-days a week/24 hours a day...including holidays.

This is how it works! You must pre-purchase taxi vouchers at City Hall.

### You must be

- Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)

### Where to purchase taxi vouchers

- City Hall – 25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday – Friday (closed alternating Fridays)
- 8:00 am – 5:00 pm
- **Cash or checks only – no credit cards**

### Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10:00 am-2:00 pm)

- \$1.00 one way

### Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$2.50 one way

### Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5.00 one way – Saddleback Memorial Hospital
- \$7.00 one way – South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital

**Please note: Taxi vouchers are non-refundable, non-transferable and valid one year from date of purchase.**

**For additional information call 461-3450.**

## Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room  
(25550 Commercentre Dr)

## Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,  
El Toro Room  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450**

**Mar 19 Thu 9:30 am** *Wild: From Lost to Found on The Pacific Crest Trail\** by Cheryl Strayed

**Apr 16 Thu 9:30 am** *The Grapes of Wrath* by John Steinbeck

**May 21 Thu 9:30 am** *Cutting for Stone\** by A. Verghese

**\*Book will be provided**

## Senior Golf Days at Lake Forest Golf and Practice Center



If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$63;  
Non-residents – \$78

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

**For more info or to register call: Angela Kelly at 632-0300**

### TEE TIMES

**Session 75 Seniors Apr 16-May 21 Tue or Thu only 7:45-8:15 am**

## Senior Bowling League at Forest Lanes



Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot... if you win!

Fee: \$9 per resident senior (plus \$3 shoe rental)  
\$11 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

**To Register Call: Forest Lanes at 770-0055**

**Seniors                      On-Going                      Fri                      1:00-3:30 pm**

## Tenth Annual Excellence for Seniors Award Luncheon

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The prestigious Jim Sax Award, along with other volunteer awards, will be presented to individuals who have made the largest impact on the City of Lake Forest's senior programs or facilities during 2014. The month of April is associated with a nationwide program that recognizes volunteers throughout the country. **Reservations are required as space is limited.**



**Bea Norman**  
**2013 Jim Sax**  
**Award Recipient**

Fee: Free (**Lake Forest residents register Tue., Feb 10; non-residents Tue., Feb 17**)

Location: Lake Forest Community Center  
Community Rooms A/B  
(25550 Commercentre Dr)

**For Reservations Call: The City of Lake Forest at 461-3450**

**Act#: 5240 Seniors Apr 30 Thu 11:30 am-1:00 pm**

## HICAP

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

*What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?*

**HICAP CAN HELP YOU!** HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**To Make An Appointment, Please Call 461-3408 And Leave Your Name And Phone Number.**

Appointments are available from 10:00 am-2:00 pm on the **second Tuesday** of the month: March 10, April 14, and May 12, 2015.

## AARP Tax-Aide-Get Free Tax Help!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).

Fee: Free

Location: Lake Forest Community Center,  
25550 Commercentre Drive, Lake Forest  
(corner of Bake Parkway and Commercentre Drive)  
in the Community Center's Activities Room.

**For an appointment call 461-3408.**

**Mondays, 10:00 am-1:00 pm**

- March 2-March 30
- April 6 & 13

### What should you bring to your tax appointment?

- Current year's tax forms and preparation booklet
- Copy of 2014 income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099-R Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions

## Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away.

**The cell phones can only be used to call 911.** You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408, leave your name and phone number, and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.





## St. Patty's Celebration:

"Green with Envy" Luncheon C'mere all you lads and lassies and we'll have a grand ol' time at the Tenth Annual St. Patty's celebration. You will feast on "No Blarney" Corned Beef & Cabbage, "No Blarney" punch and "No Blarney" sweets...There's "No Blarney" about it...you're going to have a great time! Just a reminder...don't forget to wear something GREEEN! At 11:00 am, the Travelin' Game Show will kick off the St. Patty's Day Celebration.

**DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST!** Lake Forest residents may register on Tuesday, February 10 by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. Non-residents may register beginning Tuesday, February 17. Each registrant will be limited to reserving two seats only. Reservations left on our department voicemail will not be accepted.

Fee: Free

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**For more info and to reserve a spot call: The City of Lake Forest at 461-3450**

**Act#: 5245 Seniors Mar 12 Thu 10:00 am-2:00 pm**

Please notify staff if you are unable to attend or if you are arriving late. At 11:00 am, reserved seating will be available to those on the waitlist.



## Rock-a-hula Luau Dinner & Entertainment

"Rock-a-hula your lulu in Honolulu"...actually you'll be in Lake Forest but you'll think you're on the Big Island! We want all kane's & wahine's (that would be you) to dress in your favorite muumuu, grass skirt, or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious catered dinner, and entertainment. Now would be a good time to start working on your hula dancing skills! Space is limited, so make your reservations early!

Fee: \$10 per person

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5241 Seniors May 8 Fri 4:00 -7:00 pm**

(Need transportation to the dance? Please ask staff.)

## Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....888-687-2277  
ACCESS (Reservations/Information).....877-628-2232  
ACCESS (Eligibility).....714-560-5956  
Age Well Senior Services, Inc. .... 855-8033  
(formerly South County Senior Services)  
City of Lake Forest City Hall ..... 461-3400  
Council on Aging .....714-479-0107  
Disabled Housing Information. ....800-510-2020  
Elder/Disabled Adult Abuse.....800-451-5155  
HiCap Services .....800-434-0222  
Human Services Information.....2-1-1  
Irvine Valley College/Emeritus..... 451-5555  
Meals on Wheels.....380-0155 ext.12  
Medicare Fraud Hotline.....800-447-8477  
OCTA (Transportation).....800-636-7433  
Office on Aging.....800-510-2020  
Orange Caregiver Resource Center. .800-543-8312

## EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***

### The Discovery of King Tut at the San Diego Natural History Museum – San Diego



The Discovery of King Tut recreates the awe and marvels of the moment of discovery – enter an overwhelming treasure trove, discover new worlds and new wonders, learn about and study the treasures – it's an experience for all the senses. Using state-of-the-art technology, the exhibition recreates a piece of the fascinating, bygone exotic empire on the Nile. The tomb and treasures of Tutankhamun have been faithfully reconstructed to scale, giving visitors a realistic impression of the overwhelming opulence of the offerings meant to serve the king on his magical journey into the Underworld. Because the original artifacts are no longer allowed to leave Egypt, the exhibition showcases more than 1,000 replicas of the tomb that have been reconstructed by master Egyptian craftsmen using traditional techniques, and can be admired at the exhibition. State-of-the-art multimedia technology provides exhibit goers information and a vivid illustration of the culture and spiritual world of the ancient Egyptians – their cult of the dead, deities, dynasties, and mysterious hieroglyphic script. As part of the experience, every visitor will enjoy a fully-immersive audio tour. A box lunch (sandwich, chips, fruit, & a cookie) is included.

Fee: \$55 per person

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5247 Adults/Seniors Mar 10 Tue 8:15 am-5:00 pm**

## Spring Registration Dates:

Tuesday, February 10 (Lake Forest Residents)

Tuesday, February 17 (Non-Residents)

### Camp Pendleton Tour & Lunch at the Mess Hall – Oceanside

Did you know Camp Pendleton is one of the Department of Defense's busiest installations and offers a broad spectrum of training facilities for many active and reserve Marine, Army and Navy units, as well as national, state and local agencies? The tour begins at "The Ranch House Complex," which includes the Ranch House Chapel (the oldest structure on the base), and the Bunkhouse Museum. The Complex displays historic artifacts documenting pre-history through Mission and Rancho periods to the 1942 purchase of Camp Pendleton. Exhibits include early ranch equipment, photographs of President Roosevelt's historic visit, and antiques. Next, enjoy lunch at the Mess Hall, followed by a tour of the Marine Corps Mechanized Command Museum featuring vehicles from Vietnam and Desert Storm.

Fee: \$35 per person

(must be a US citizen; must bring a valid photo ID such as a Driver's License or State ID)

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5246 Adults/Seniors Apr 1 Wed 9:00 am-5:00 pm**



### Viejas Casino & Outlet Center - Alpine (San Diego County)

You don't have ringing in your ears...that's the sound of the slot machine bell ringing when you play on one of the 2,500 slots at the Viejas Casino. They have all your favorites like Wheel of Fortune, Megabucks, Pot O'Gold and more. And if you don't get enough Bingo at the Senior Scene Clubhouse, try the new "electronic touch pads" that make playing Bingo easier than ever. Enjoy playing Blackjack, Poker, Pai Gow and Baccarat, too! For those who want to break up the day, take a short walk across the driveway to the Outlet Center where you can shop at Bass, Izod, Lane Bryant, Eddie Bauer, Border's Books, Jones New York, and many more stores. You will receive a complimentary Casino Fun Book (discounts to the Viejas Outlet and 50% off at any casino restaurant).

Fee: \$10 per person

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 5248 Adults/Seniors May 13 Wed 9:00 am-6:00 pm**





# Let's Get *MOVING!*

## Walking Club for Seniors

*Starting*

**Monday, February 2**

We will meet every Monday  
at 10:30 am and take a nice  
one-mile walk around  
our beautiful new sports park.

For more info and to register  
call **461-3408**



## SENIOR EMERITUS CLASSES

through Irvine  
Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

### *Registration For Senior Emeritus Classes Only*

To register for the Emeritus Classes  
the following options are available.

**On-Line Registration** log onto [www.123getsmart.com](http://www.123getsmart.com)

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
  - **RETURNING STUDENTS ONLY:** Enter your "Account number and Pin Number"
  - **NEW STUDENTS ONLY:** Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
  - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
  - The class will now be added. You can select under the "Client" column whom you would like registered in the course.
  - Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

### **Phone Registration**

Call 949-451-5555 Monday through Friday 9:00 am – 5:00 pm

### **Mail form and payments to:**

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

**Fax form to IVC:** 949-451-5270



## Fitness

### It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$30

Location: Lake Forest II Sun & Sail Club  
(24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8262 Seniors Jan 22-Apr 16 Thu 10:00-11:30 am**

### Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8243 Seniors Jan 20-Apr 14 Tue 12:30-2:00 pm**

### Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$30

Location: Lake Forest II Sun & Sail Club  
(24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8289 Seniors Jan 20-Apr 14 Tue 10:00-11:30 am**

### Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20

Location: Lake Forest I Beach & Tennis Club  
(22921 Ridge Route)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8323 Seniors Mar 31-May 19 Tue 2:00-3:30 pm**  
**Tic#: 8324 Seniors Apr 2-May 21 Thu 2:00-3:30 pm**

### Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8326 Seniors Jan 7-Apr 1 Wed 1:00-2:30 pm**

### Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8296 Seniors Feb 10-May 6 Wed 9:00-10:30 am**

### Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 8292 Seniors Feb 10-May 6 Wed 10:30 am-12:00 pm**

**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.



# Summer Fun PREVIEW!

**Summer Registration begins at 8 am on Tuesday, May 12**

*For more info, please check your Summer Leisure Times at the end of April!*



**4th of July Parade**



**Little Pioneers Camp**



**Etnies Skate Camp**



**Summer Concert Series**



# HOW TO REGISTER

Spring 2015 Registration Dates

**Lake Forest Residents: Tuesday, February 10**

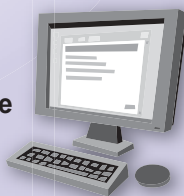
**Non-Residents: Tuesday, February 17**

## 3 easy ways to register:

### 1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, February 10**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) and click on the on-line registration button located under Recreation Classes or on the left hand side of the home page.



## Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

### 2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

**Mail to:** City of Lake Forest, Attn: Program Registration,  
25550 Commercentre Drive, Suite 100  
Lake Forest, CA 92630



### 3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Questions on Registration? Call 461-3450







# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Male ☐ Female  
 Birthday \_\_\_\_\_ (mm/dd/yy) Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Preferred Contact Phone Number ( ) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

**Children's birthdates must be filled out completely in order to process registrations.**

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
<b>Please send a separate check for each activity</b>					<b>Total Activity Fees</b>



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

**I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.**

\_\_\_\_\_  
Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

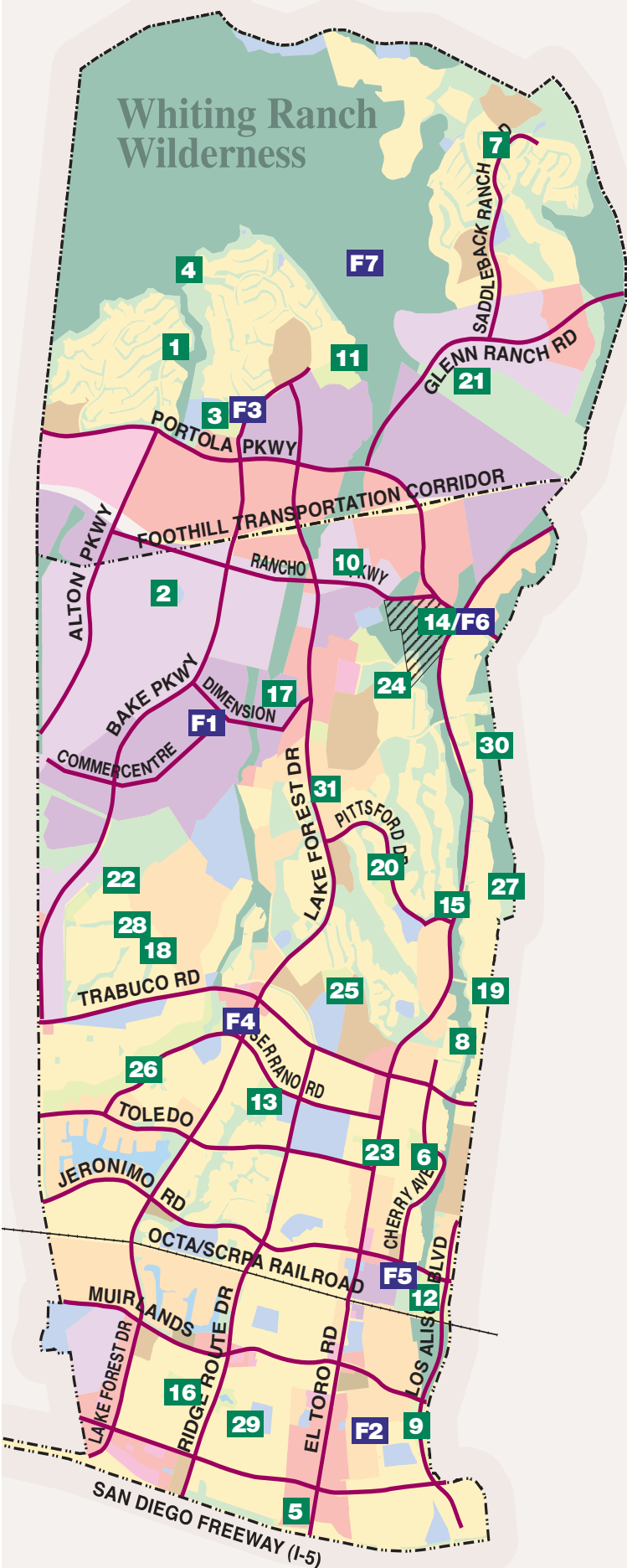
Questions on  
Registration?  
Call 461-3450



**Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.**

Office Use Only Receipt# \_\_\_\_\_ Paid by Check# \_\_\_\_\_ Paid by Cash Amount \_\_\_\_\_ Initial/ Date \_\_\_\_\_ Conf \_\_\_\_\_

**Credit Card Payments are not accepted at City Hall**



## CITY PARKS

		Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic	Playground	Restrooms	Soccer	Tennis Court	Walking Path
<b>1</b>	<b>Alton Park</b> 18992 Alton Parkway	2.3	4	1 <sup>hc</sup>				9 1 <sup>s</sup>	1				
<b>2</b>	<b>Baker Ranch Community Park</b> 26380 Rancho Parkway	8	2	1	1	1		2	1	1	1		
<b>3</b>	<b>Borrego Park</b> 26982 Cabriole	11	5	1 <sup>fc</sup>				11	1	1	1		1
<b>4</b>	<b>Borrego Overlook Park</b> 21 Viaggio Lane	1.6	3					5	1				
<b>5</b>	<b>Cavanaugh Mini Park</b> 23782 Cavanaugh Road	0.2		1 <sup>hc</sup>				1	1				
<b>6</b>	<b>Cherry Park</b> 22651 Cherry Avenue	4.5	3	1 <sup>hc</sup>				9 1 <sup>s</sup>	1				
<b>7</b>	<b>Concourse Park</b> 18931 Saddleback Ranch Road	7	2	1 <sup>hc</sup>		1		4 2 <sup>s</sup>	2	1			1
<b>8</b>	<b>Darrin Park</b> 22461 Cherry Avenue	3.1	6	1 <sup>hc</sup>				11 1 <sup>s</sup>	1				
<b>9</b>	<b>El Toro Park</b> 23701 Los Alisos Boulevard	10	2			1		7 1 <sup>s</sup>	1	1			2 <sup>L</sup>
<b>10</b>	<b>Enies Skatepark of Lake Forest</b> 20028 Lake Forest Drive	5.3						3		1			
<b>11</b>	<b>Foothill Ranch Community Park</b> 19422 Rue De Valore	15.5	2	1 <sup>fc</sup>				9	2	1	1	2	1
<b>12</b>	<b>Heroes Park</b> 25420 Jeronimo Road	12.4	1	4 <sup>L</sup>				2		1	2 <sup>L</sup>		
<b>13</b>	<b>Lake Forest Park</b> 24000 Serrano Road	2.3						1					
<b>14</b>	<b>Lake Forest Sports Park/ Recreation Center</b> 28000 Rancho Parkway	86	8	4	2	3	1	8	2	2	2		1
<b>15</b>	<b>Montbury Park</b> 21962 Montbury Drive	3.5	1					2					
<b>16</b>	<b>Mountain View Park</b> 24061 Dylan Street	5.3	2	1	1 <sup>fc</sup> 1 <sup>hc</sup>	1		9 1 <sup>s</sup>	2	1		2 <sup>L</sup>	
<b>17</b>	<b>Nature Park</b> 26215 Dimension Drive	4.5						7 1 <sup>s</sup>					1
<b>18</b>	<b>Peachwood Park</b> 21132 Peachwood	2.7						5 1 <sup>s</sup>	1				
<b>19</b>	<b>Pebble Creek Park</b> 26441 Pebble Creek Road	1.9						1	1				
<b>20</b>	<b>Pittsford Park</b> 21701 Pittsford Drive	10	2					8 1 <sup>s</sup>	2	1		2	1
<b>21</b>	<b>Portola Hills Park (Future Site)</b>												
<b>22</b>	<b>Rancho Serrano Park</b> 20842 Paseo Sombra	5.1	3					7			1		
<b>23</b>	<b>Ranchwood Park</b> 22500 Kilby Street	1.9		1 <sup>hc</sup>				1					
<b>24</b>	<b>Regency Park</b> Regency Lane & Osterman Road	5									1		
<b>25</b>	<b>Rimgate Park</b> 29772 Rimgate	5	1	1 <sup>fc</sup>				7 1 <sup>s</sup>	3			1	
<b>26</b>	<b>Serrano Creek Park</b> 25101 Serrano Road	44	3					13 1 <sup>s</sup>	1	1			1
<b>27</b>	<b>Sundowner Park</b> 22041 Sundowners Lane	0.8	1					2	1				
<b>28</b>	<b>Tamarisk Park</b> 22001 Tamarisk	11.2		1	1 <sup>fc</sup>			11	1				
<b>29</b>	<b>Village Pond Park</b> 23102 Ridge Route Drive	4.7						3					
<b>30</b>	<b>Vintage Park</b> 21000 Vintage Street	4.8	5	1 <sup>fc</sup> 1 <sup>hc</sup>				11	1				
<b>31</b>	<b>Whispering Hills Park (Future Site)</b>												



park shelter available for reservation

• <sup>fc</sup> full court      • <sup>L</sup> lights  
• <sup>hc</sup> half court      • <sup>s</sup> shelter

## OTHER FACILITIES

<b>F1</b>	<b>City Hall /Community Center</b>	25550 Commercentre #100	461-3400
<b>F2</b>	<b>El Toro Library</b>	24672 Raymond Way	855-8173
<b>F3</b>	<b>Foothill Ranch Library</b>	27002 Cabriole	855-8072
<b>F4</b>	<b>Heritage Hill Historical Park</b>	25151 Serrano Road	923-2230
<b>F5</b>	<b>Lake Forest Golf</b>	23308 Cherry Avenue	859-1455
<b>F6</b>	<b>Sports Park/Recreation Center</b>	28000 Rancho Parkway	273-6960
<b>F7</b>	<b>Whiting Ranch Regional Park</b>	Trabuco Canyon	923-2245



# SUMMER CAMP FUN

## At Our New Home!

### Lake Forest Sports Park & Recreation Center

**Saturday, June 6**  
**12-3 pm**

Come meet your summer camp staff and instructors! Preview camp activities for this summer! FREE popcorn, snow cones, arts & crafts, face painter, balloon artist, and more!



**For a full listing of summer camps offered at our new Sports Park & Recreation Center, check your Summer *Leisure Times* at the end of April.**